

IBADAN

MEDSci*on*

ISSUE 3

KANU:
The Heart
That Never Stopped

Exclusive Interview With

PROF. OLUWATOSIN

Unsung Heroes

The Making Of

NOVAK DJOKOVIC

PHENOMENAL

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IBADAN MEDScion

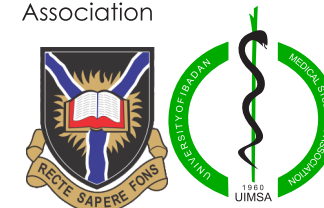
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ISSUE 3

MEDScion
magazine

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EDITOR'S NOTE

Isn't He phenomenal? The Breath that lies in man and gives him life; strip man of his breath and he becomes another prey for maggots, another candidate for a wreath. Man has gone ahead to invent opportunities, vent hidden mysteries, subvert communities, and prevent calamities with the grace of this breath.

Aren't we phenomenal? Doctors-practicing or training, entrusted with powers to preserve or reverse lives, to heal and kill ills. Subjected to and surviving the most arduous tasks; do you even know? That the brain uses approximately twenty percent of the body's blood and needs twenty-five percent of the body's oxygen supply to function optimally. Our brains and hands have become the world's treasure.

Ibadan Medscion tells the success story of notable icons (scions) who have taken their roots from Sub-Saharan Africa's Premier Medical College and Nigeria's Premier University-University of Ibadan at large. It portrays the tenacity, ingenuity and class of the virile students of the institution of learning; the hope of solid healthcare delivery in Nigeria. Ibadan Medical Scions are phenomenal.

Phenomenal is a product of the imaginations of young minds and don't you dare look down on them cos if the words of famous painter and sculptor, Pablo Picasso are anything to go by, **everything you can imagine is real**. Many are afraid to venture into the world of the phenomenal, some others think it's the bizzare world of wishful thinkers but only a few have dare to go beyond the border of Ordinary. You would find strength and solace to *surf* this piece in the words of the inventor of the light bulb, Thomas Edison, **to invent, you need a good imagination and a pile of junk**.

My appreciation goes to God, **my phenomena** and all who through much sweat made this issue a reality, to my publication crew, **my unsung heros**, the University of Ibadan Medical Students' Association Executive tenure of 2011/12 led by amiable president, Odewole Odunayo, ever **working together, soaring higher**, my predecessors, Dr. Kabiru Raheem(visioneer and pioneer E-in-C) and Aladejare Samuel (Jnr), **only you two understood what it meant to publish Medscion**, contributing writers whose pens and papers bore the brunt and every prospective reader, your time would be worth the while.

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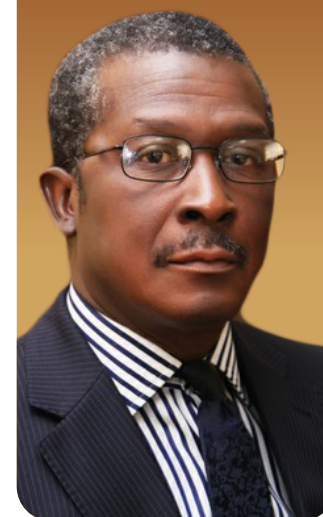


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GOODWILL MESSAGE



Professor O.O. Akinyinka
Provost,
College of Medicine,
University of Ibadan.



It is my honour and privilege on behalf of the Management, staff and students of the College of Medicine to give this remark.

I want to specially congratulate the Editorial Crew and every other person who has contributed somehow to the success of this publication, which indeed, is another important milestone.

It is particularly worth noting, that the magazine itself is an initiative of Medical Students of the College of Medicine which has spanned through three years and which your team has ensured its sustainability up till now. This indeed, is highly commendable and worthy of recognition. Your effort and labour at ensuring the success of this magazine is no doubt a great sacrifice and service to humanity.

I wish to admonish you with the words of the late Pope John Paul II who said: *Life is entrusted to man as a treasure which must not be squandered, and a talent to be used well*. The College keeps implanting knowledge as treasure and talent into which you are obviously using for the service of humanity.

I wish to advice all our students to develop the correct attitude to life and to bear in mind that the height you attain in life is not a function of your capability but to a large extent on your attitude.

Attitude is not a gift; it is a choice and the quality of choice you make is determined by the information available to you. You must always remember that you are in an Information technology driven age where those you come in contact with know significantly more than you think, and are abreast of the state of knowledge which is very dynamic.

Let me challenge you that the University has invested heavily in preparing you for the challenges of the future. However, you need to keep improving yourself. I wish to conclude by reiterating that the College of Medicine is committed to remaining relevant to societal needs by sustaining the culture of innovation and continual effort at exposing its staff and students to the various institutional guidelines and procedures within the University for optimal performance. The College of Medicine remains the seat of excellence and I charge you all to continue to contribute your own quota in ensuring that we live up to this expectation.

I once again congratulate everyone who has made the production of this magazine a reality and I wish you all the very best in life.

Professor O.O. Akinyinka
Provost, College of Medicine,
University of Ibadan.



I have been given the opportunity, by UIMSites, to serve in the Executive Council 3 times, and in the senate chamber once, I must say with utmost sense of humility and honour, that I appreciate the trust bestowed on me. I have learnt over the years that nothing works like team work, hence the slogan for the executive tenure I was given the mandate to lead: Working together, soaring higher. That which we have been able to achieve during the executive tenure truly bear witness to the fact that when we come together, we can move mountains.

At great personal sacrifices, sleepless nights and headaches from every member of the ten 'man' team, we have surmounted the difficulties of combining a busy medical curriculum with sourcing for funds, and catering for the welfare of Uimsites.

We haven't done it all, and we've made a few mistakes, but so far we have the following to say, that we have achieved:

- Provision of a befitting welfare package for Uimsites during their various MBBS examinations
- Adequate representation of UIMSites' interests at college of medicine, and the university of Ibadan, the benefits of which are too numerous to mention here
- Provision of dissecting gloves and soap for preclinical students
- Welcome program for 200 level students
- Acquisition of a new set of jerseys, footballs and other materials
- Successful organization of the annual provost' cup sporting competition

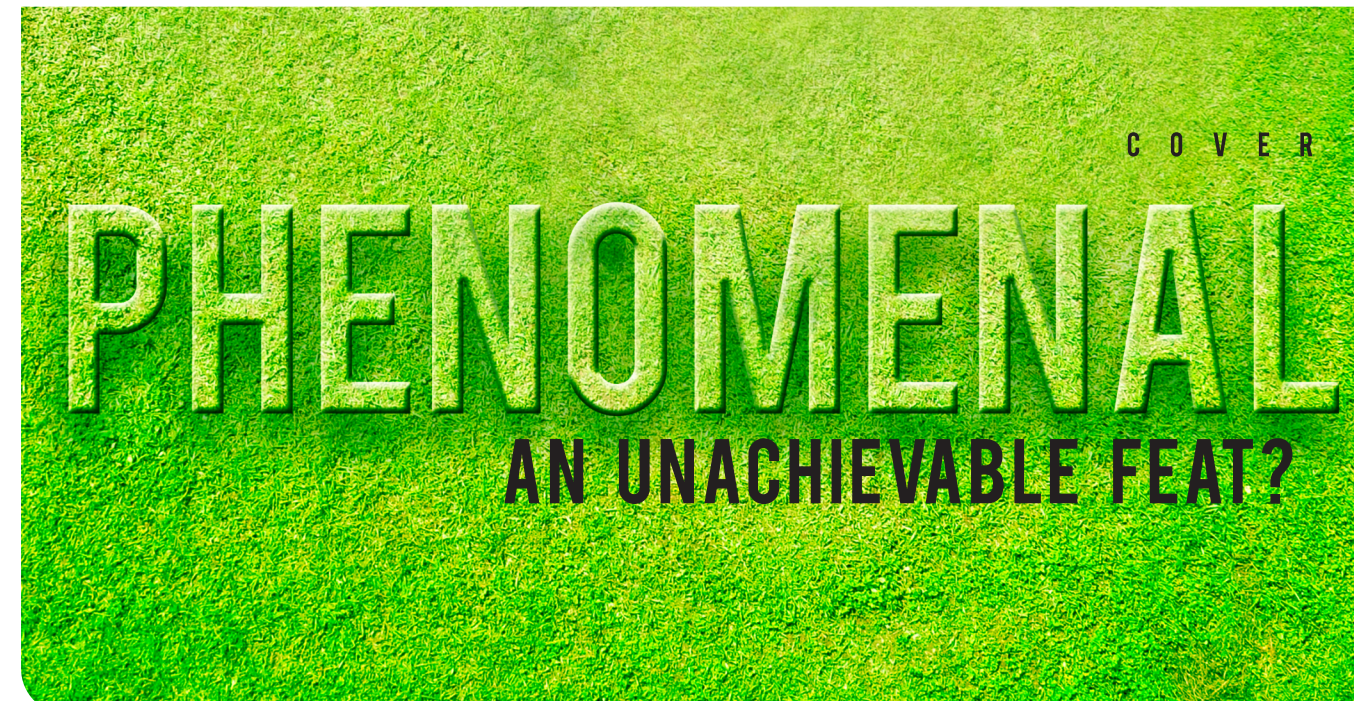
- Numerous intra school sporting events, post MB 5a side foot ball competitions, etc
- 2 Inter school friendly football matches, with Afe Babalola University and Ladoke Akintola University of Technology
- Successful organization of the annual Late Dr. VO Awosika memorial symposium
- Screening and vaccination of members against the hepatitis B virus, (discussions with school management and University Health Services still on going)
- Financial Support to the Prelim, preclinical and clinical press boards, including the organization of the annual Face of Preclinical (FOP) awards organized by preclinical press
- Production of name tags for new clinical intakes
- The establishment of a vibrant quiz team, that has won many laurels for the association at inter school quiz events, including the all Nigeria medical schools challenge
- Securing the provision and ensuring the distribution of theatre linens by the Ibadan Medical Specialists Group (IMSG)
- Successful hosting of the NIMSA western caucus meeting
- Adequate representation of UIMSAs at the NIMSA General assembly in Lagos State University, Lagos, Nigeria
- Representation of UIMSAs at the FAMSA General assembly at Gulu University, Gulu, Uganda
- Acquisition of a brand new photocopier machine for the association
- Strengthening of UIMSAs' relationship with the UIMSAs canteen (Mama Anat)
- Establishment of the Dr Victor Mekanjuola annual 5 A side football competition
- Production and distribution free of charge

the 3rd edition of the Association's magazine, the Ibadan Medscion
The Acquisition of a Toyota Hiace Bus for the Association

Still in view are the following

- Acquisition of a laptop computer and projector for the secretariat (already promised)
- UIMSAs website, which should be fully functional before the end of health week, 2012
- Uimsa package 2012 which as always will contain among other materials the UIMSAs journal, DOKITA.
- With the achievements above, it is safe to conclude that God has indeed been on our side, because most of these things, are nothing short of miracles.
- We appreciate the Understanding, Support, patience and love of all UIMSITES, the legislature; Senators, Congressmen and women, and our advisory consultants for their unflinching support, all through the slightly extended tenure. We say thank you to everyone, who has contributed financially and otherwise not only to the production of this magazine, but to the success of the whole executive year.
- This edition of the magazine, truly lives up to its name 'phenomenal', it promises to be entertaining, informative and educative, this is one to be enjoyed.

Yours in service,
Odunayo ODEWOLE
UIMSAs President 2011/2012



If I ask you to name someone who has performed a remarkable feat that has affected the world in some way, I'm cocksure that the names that will come to mind will be the ones of the foreign inventors and scientists we have learnt about in school - white men, who have either explained an hitherto inexplicable concept or invented or discovered something that has greatly helped mankind up till today. Does the image of an African readily form in your mind? Hardly. Instead, we see the image of negatives - of suffering, abject poverty, social, political and religious crises.

What about you - can you dare to achieve great feats in the medical field? Can we achieve the phenomenal or is it beyond reach?

Two beliefs have been subconsciously entrenched in our minds by our 'experience' as Nigerians: We've been made to believe that remarkable feats have to come from white men because it had always come from them. We have also been made to believe that innovations breeds in the brains of white men only, and we think great things can be achieved only in the best of conditions.

We blame our inability to excel and perform remarkable feats on our present failing educational system. So we sit back, fold our arms and gape, as spectators, at the world where the brilliant whites act beautiful scenes on the stage of innovation. We fuff around and look forward only to the 'job security' and 'good pay' that being a doctor offers.



assistant.
In a black-discriminating society of the 1940s, even though he had no formal medical education, he was a proactive learner. Thomas was a quick study, with particularly skillful hands. He got interested in his master's books and he applied himself to them.

He wasn't fuffing around; instead, he worked diligently

I beg to differ!

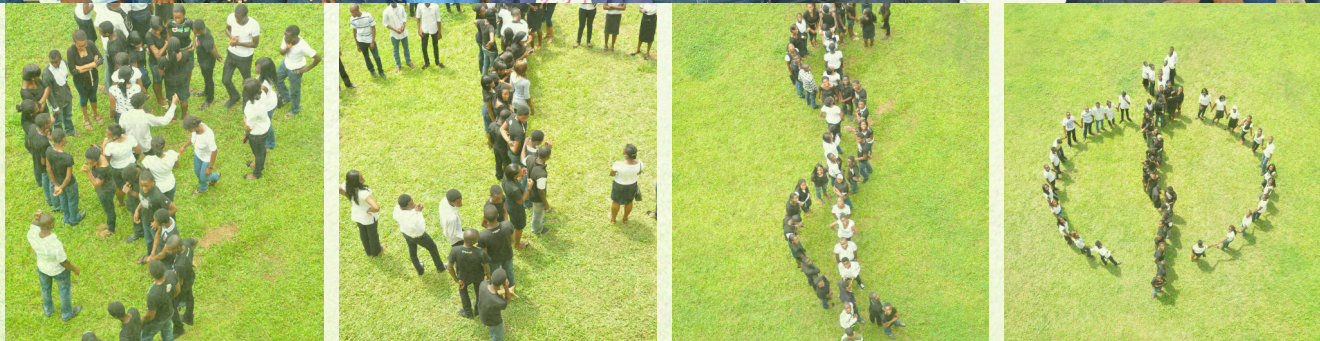
Many Africans have survived arduous journeys through the dark alleys of disadvantaged childhood, discrimination, physical abuse, poverty and disappointment to produce notable works of great renown. They had climbed through harsh conditions and mounted the pedestal of innovation, etching their names in the time-surviving sands of history.

Have you ever heard of Vivien Theodore Thomas (August 29, 1910 - November 26, 1985), the carpenter turned technician? His life is an example of remarkable achievements by Black men from disadvantaged circumstances. He was someone who never took a course in medical school but became one of the greatest teachers in medicine at Johns Hopkins University Teaching Hospital.

After losing his 7-year savings for medical school to a liquidated bank in the great depression, he had to drop out of college and his hopes of becoming a doctor dashed before his face. Armed with a high school diploma, Vivien Thomas took a job sweeping floors at Vanderbilt University. There, his great potential piqued Dr. Alfred Blalock, a medical researcher and surgeon's interest. From being a cleaner, he climbed to the position of a surgeon's

and learned to perform surgical operations, chemical reaction procedures and data analysis with precision. His quiet dedication to Blalock and his experiments was invaluable. When Blalock moved to Johns Hopkins in 1941, he asked Thomas to accompany him. Thomas joined Blalock's surgical team and helped to develop the "Blue Baby" operation, also known as the Blalock-Taussig shunt. Blue Baby (Tetralogy of Fallot) is a congenital defect involving multiple abnormalities of the heart. The procedure to correct Blue Baby was painstakingly worked out by Thomas over a two-year period. Ultimately, he joined an artery leaving the heart to an artery leading back to the lungs. This gave the blood a second opportunity to absorb the critical oxygen and transport it throughout the body. Delicate instruments were needed to perform the corrective heart surgery on their tiny newborn patients. Since no such instruments then existed, Thomas designed and built them himself.

The first operation was performed on November 29, 1944. When the baby's blue face turned pink from the now oxygenated blood, Thomas was elated. He later said, "You have never seen anything so dramatic. It was almost a



miracle." The promise the procedure held was quickly recognized and, within the first year, more than 200 operations were performed. Since the 1940s, countless patients have benefited from Thomas and Blalock's remarkable discovery. In addition to treating Blue Baby, this technique was also adapted to treat patients with a variety of other heart diseases. Despite the deep respect Thomas was accorded by these surgeons and by the many black laboratory technicians he trained at Hopkins, he was not well paid. He sometimes resorted to working as a bartender, often at Blalock's parties. This led to the peculiar circumstance of his serving drinks to people he had been teaching earlier in the day. Though Thomas' intelligence, dexterity and determination were critical to Blalock's success, it was over 25 years before he was given proper public credit for his role in devising the Blue Baby surgery. In 1976, The Johns Hopkins University awarded him an honorary doctorate. Today, his portrait hangs in the lobby of the Blalock Building on The Johns Hopkins Hospital campus. The "blue baby" operation pioneered at Johns Hopkins launched the field of cardiac surgery. Today, doctors in the United States (as an example) perform over 1,750,000 heart operations every year. By the remarkable feat of some men, the cliché *nolintangere* (the heart can't be touched) was refuted. Phenomenal, isn't it?

One close to home is the first successful Stem Cell transplant performed at the University of Benin Teaching Hospital (UBTH). This has placed Nigeria in the world's medical feat map. By this feat, Nigeria has been officially listed among nations performing Stem Cell Transplant (SCT) and on January 6, 2012, the teaching hospital, in a well attended ceremony, presented Matthew Ndik, the seven-year-old first SCT beneficiary, who survived the World Health Organisation (WHO) mandatory 100-day post-SCT to the public. The ceremony to herald this feat was held at the Oba Akenzua Hall, UBTH. With this feat, Nigeria has become the third in Africa, after Egypt and South Africa, to have successfully performed a SCT where a sickle cell anaemia patient had his cells replaced with those free from the

sickle cell anaemia. Matthew is the first sickle cell patient to undergo successful Stem Cell Transplant (SCT) in Nigeria, West Africa and the Central Africa sub regions.

Phenomenal and close to home, isn't it?

I would run out of space to tell of our own great Nigerians, who have blazed trails in healthcare in general. Patriarchs like Nigeria's first neurosurgeon and the first African-American neurosurgeon trained in the United States, Professor E. Latunde Odeku.

Do you know that the brain tumour surgery he performed in 1962 started the UCH neurosurgical unit? A truly global pioneer, his selfless service in America and Nigeria opened the door for people from each country to enhance the field of neurosurgery. So who says we can't achieve the phenomenal in Nigeria, in Africa? Who says you can't?

There is a potential in every man, made evident by the strengths bestowed upon us. It's your duty to stand up and go to work. You don't need the best conditions to make impact; you can create an environment conducive for you. And it all starts from building a phenomenal mind. A phenomenal mind is a mindset which has fought and won the battle against mediocrity. Not that he doesn't see the failing system, but his horizon stretches far beyond the odds to a land of possibility. He sees and sizes the challenge to leap beyond the status quo, the zone of mediocrity; the "this is how it is now" region, to greatness - the way things can be or ought to be. **They go to work while others whine.** And they make a difference.

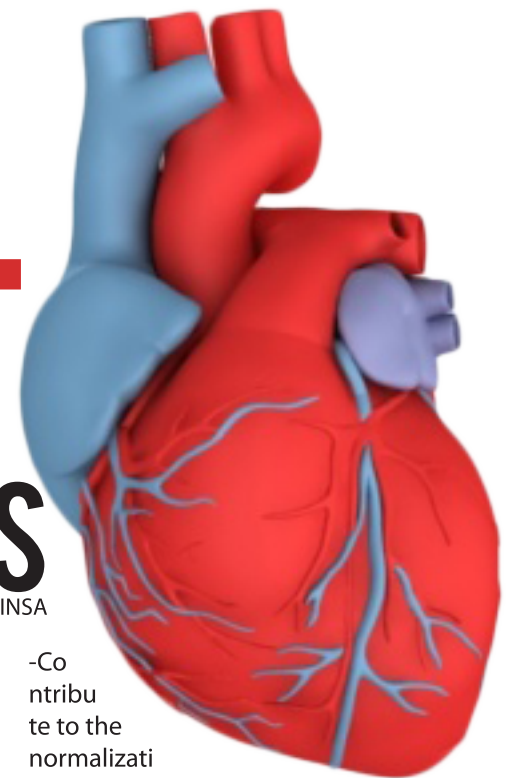
I call phenomenal acts of self-sacrifice in rising up to fulfill this call. I call phenomenal the story of a medical student who doesn't get carried on with the system's failures and supposed status quo, who doesn't subconsciously fit into it, but rises up to adjust the ills. He who has a heart for this thing.

The world is waiting for you to bring about the next remarkable feat. Lift up your hands and say "I'll not let down the world!" Now that's phenomenal.

Babarinde Joshua T.
MB; BS 400 Level.

YOUR HEART MATTERS

Oluwatoba BABARINSA



The heart means a lot to many, each meaning connoting diverse individual thoughts. To virile youths, it is the relay centre that interprets the love signal been transmitted between two receivers-the medium of love expression. Others see it variably as a centre of devotion, intention, decision, resolution and every other -tion it has come to be.

The anatomists have described it as a muscular bag about the size of one's fist but the physiologists perceive more, the body's pump that supply the vascular pipes and recycles oxygen-deficient blood. The physician places great value on the heart irrespective of his patient's pathology-little wonder why blood pressure is indicated in the vital signs (sign of life, usually an indicator of a person's general physical condition) of the patient. In essence, the heart is essential to life.

Knowledge of diseases and disease pattern of the heart, acquired or congenital is therefore important especially with the upsurge in the occurrence of the once western cardiovascular diseases in Nigeria. As much as 4 out of 10 Nigerians could be hypertensive in certain population distribution, hypertension being a leading cause of cardiac morbidity and mortality. Although some uncontrollable factors like being a male, old age,

family history make one prone to heart diseases; however, many have predisposed themselves to these disease through smoking and alcohol intake, high cholesterol diet, sedentary living or uncontrolled stress on the other hand, obesity and long-standing diabetes.

The interest of the writer is the controllable factors which are shadows of what surgeon and researcher Dennis Burkitt said in mid-20th century while advocating for more dietary fibre in the western world:

In Africa, treating people who live largely off the land on vegetables they grow, I hardly ever saw cases of many of the most common diseases in the United States and England -- including coronary heart disease, adult-onset diabetes, varicose veins, obesity, diverticulitis, appendicitis, gallstones, dental cavities, haemorrhoids, hiatal hernias and constipation. Western diets are so low on bulk and so dense in calories, that our intestines just don't pass enough volume to remain healthy.

It has now been established that fibre can-

- Reduce risk of heart disease by reducing serum cholesterol levels
- Stabilize blood sugar levels by slowing down the absorption of certain nutrients
- Promote regularity of bowel movement by enlarging and moistening the stool

-Contribute to the normalization of diverticular diseases and haemorrhoids by lowering the pressure in both the colon and the rectum.

Also, many Nigerians including the elite and educated are not compliant with regular screening. Prof Ayodele Soladoye was quoted earlier this year saying that more than 40million Nigerians are at the risk of sudden death and emphasized the need for people more than 40 years to check their blood pressure regularly. Other heart screening measures include Random Blood Sugar, Body Mass Index, BMI measurement and Cholesterol tests. So: Treasure your blood pressure. Measure your blood pressure. Adequate leisure reduces pressure. Assures you of a life of pleasure.

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Treasure your blood pressure
Measure your blood pressure
Adequate leisure reduces pressure
Assures you of a life of pleasure

DOCTOR ON CALL



In Nigeria, I have observed that most of the time, we metamorphose into the career paths we are in today. You know, just like the insects and animals, there are distinct life cycles for different species. These species are from families, just like what we have. So for the families of children who believe that science is the way forward, it becomes this cycle: baby- school- secondary school- science class- medicine in the university- practicing doctor-marry- reproduce- adult...

That is how some of us found our way into medical school. It had been predestined before you could take the first step that you would be a doctor; or as we entered science class, it was the coolest thing to say that you'd be a doctor and you said it till your parents thought you actually made a serious decision, and spurred by their enthusiasm, you foolishly filled 'Medicine and Surgery' in your JAMB form.

Though the story differs for people, I'd like to talk about a queer set. These are the doctors on call. As I watched and heard of a laparotomy being done for a young boy at the cost of N50, 000.00 in a private hospital by a qualified doctor, I couldn't help but wonder.

Is that what they had in mind when they struggled and battled through medical school? Were there no opportunities to change course at certain points? Surely it was not the vision of feeding a family on a meager allowance that encouraged them to study harder and come out tops all through those grueling six years in school. Of course, add internship and service year to that. How did untamed passion and postorous nobility clash with shallow pockets of the sick and poor to bring forth a job well done?

I salute the many doctors that have run the extra mile a few times and more for the sake of whatever to aid the sick and dying. I hail the many that have done that at their own expense and loss. I applaud those that have gone so far and done so much only to be

spat on. I say so because I have seen and heard of these queer bunch that have been on call- a call to serve and save lives 24/7, giving the Hippocratic oath flesh and breath.

The certificate to practice might have been a product of 'Naija' metamorphoses or not. The drive might have been as a result of a faith in the Unknown so strong and mighty or not. It might even have been a logical thought out plan for life or not! However it might have been, it has blessed lives that the government had no thought of while drawing up the Constitution.

I dedicate this to my father, Dr. O. A Babajide, a Doctor on Call.



Kelechukwu Babajide; Medicine & Surgery, 400L



HIDDEN IN THE BOOKS



There is nothing new under the sun, so we say. What we are experiencing now has been experienced by someone a time ago.

Are you facing trials and struggles in your work? Someone has experienced it before. Do you feel betrayed or jilted? It's not new. The beautiful thing is that you can find them in the books: How to manoeuvre your way around challenges, how to learn from the mistakes of fallen heroes.

Life is not fair to anyone; it gives no man another chance to correct his mistakes by turning back the hands of time. It would not give you a chance to go back years earlier to correct whom you would have been but you can read about people's exploits and make yours better.

Edward P. Morgan says that, *a book is the only place in which you can examine a fragile thought without breaking it, or explore an explosive idea without fear it will go off in your face. It is one of the few havens remaining where a man's mind can get both provocation and privacy.*

The worth of a book is to be measured by what you can carry away from it. There is a great deal of difference

between an eager man who wants to read a book and a tired man who wants a book to be read.

-If there is a book you really want to read but it hasn't been written yet, then you must write it-Toni Morrison

-Books are the quietest and most constant of friends; they are the most accessible and wisest counselors and the most patient of teachers- Charles. W. Eliot.

-The man who does not read good books has no advantage over the man who can't read them-Mark Twain

-You know you have read a good book when you turn the last page and feel a little as if you have lost a friend.-Paul Sweeney

-Books serve to show a man that those original thoughts of his aren't very new after all-Abraham Lincoln

-To seat alone in the lamp light with a book spread out before you and hold intimate converse with men of unseen generations; such is a pleasure beyond compare-Kenko Yoshida.

-Books are bees which carry the quickening pollen from one to another mind-James Lowell

All these are testimony of people who have discovered the treasures hidden inside books. If you resist reading what you disagree with, how will you ever acquire deeper insights into what you believe? The things most worth reading are precisely those that challenge our convictions.

Finally, my advice to you is not to read just any book you find around but read good books that will make you better, and never those that will ruin you. Tell me what you read and I'll tell you who you are, is true enough, but I'd know you better if you told me what you reread-Francois Mauriac.



OLADELE GABRIEL MB;BS 400L

FEATURE MONUMENT ON A HILL



Jemikalajah gives an insight into one of Ibadan's greatest tourist sites.



If you ever have been in Mokola and have ever looked up the sky line, then you could not have missed the edifice that seats right at the top of the hill. Sitting on Mokola hill commanding a deserved attention, is the proud monument of Odu'a Investment Company Ltd

heritage-Premier Hotel, Ibadan. Exquisite view during the day and an enchantment at night, Premier Hotel does not just add aesthetics to the Ibadan sky line but also renders a host of world class services. Premier Hotel was commissioned on the 10th of August 1966 by the then Military governor of Western Nigeria; Col. R A Adebayo. It was later incorporated together with Lafia hotel, Apata, Ibadan under Western Hotels (Nigeria) Limited on 20th September 1974 and had been rendering first class service ever since. Its objectives being:
To provide first class catering and accommodation services comparable with those rendered in any International standard hotel in Nigeria,
To increase the Company's share of the market,
To be able to draw tourists and business – men from outside the Oyo state capital for their relaxation while on pleasure or business trip,
To widen the Company's revenue-generating base.

Premier Hotel can boast of **87** bedrooms made up of **80** Double Rooms (**10** of which are currently converted into **5** Business Suites), **6** executive Suites and **1** Luxury (Oduduwa) suite; and also furnishes the following facilities;
Banquet Hall (can host about 500 people)
Functions room
Syndicate room
One restaurant for the Hotel and one Chinese Restaurant
Night club
Spacious lounge with a service bar
Cocktail 'Bamboo' bar
Restaurant bar
Swimming pool bar
Modern Business Centre with internet services
Shops
Olympic – size swimming pool
Laundry services
Car hire services
Tourism packages for guests on request.

All these and more are geared towards achieving the following

goals;
Retention of good customers
Encouragement of repeat calls
Improvement of patronage.
In addition, the hotel is in the process of opening a befitting gymnastic Centre for the benefits of its valued guests and interested outsiders. The commercialized bakery of the hotel specializes in the production of varieties of bakery products, which competes favorably with international standard. The bakery supplies bread and confectionery needs of the hotel and to individual, corporate organizations and the general public. The hotel also has in place a new standby Generator to supply 24 hours electricity to the hotel and number of boreholes to service the hotel. These and more are the qualities that make Premier Hotel not only the leading hotel in Ibadan and environs, but a good spot for tourist attraction in Oyo state. The pride of Odu'a heritage it is indeed.



MONUMENT ON A HILL

THE HISTORY OF OUR REALITY

There is no greater bond of unity among a people than a common historical experience.

It is interesting to discover that a lot of our Nigerian ancestors migrated from the Middle East or north-eastern Africa. For example, the Yoruba tribe originated from middle east, the Daura and Katsina people from a prince of Baghdad and the Ekois from the Nile valley.

The Hausa's were the first group to stop at the extreme northern part of the country in a belt of land stretching from Kastina and Daura to Hadeija. Gogobiri stopped and established in the Sokoto River valley, while the Nupe's stayed put.

It is unconfirmed that amongst the Kanuri migrants were the Yorubas. Upon encountering River Niger they went back, settling in areas west of the Lake Chad Basin centered around and in Maiduguri.

The other groups including the Yoruba's forded the River Niger. The Yauri's and Jukun's continued along the banks of the river, moving virtually opposite directions and establishing settlements

on both banks of the River Niger and River Benue.

The fact that the Kanuri, the Shuwa Arab and possibly some other Nigerian tribes originated from the horn of Africa had been vividly brought home as a historical reality by the 'exploits of El Rabeh', who had set out from the Sudan waging war and conquering lands eastwards in order to bring the 'lost tribes' of his people back to the fold.

These and other conclusion has also been reinforced by the results of studies of 'tribal affinities using modern linguistic techniques'. These studies have shown considerable correlations between some tribal languages even where the tribes concerned are located far apart.

Thus, it may be said that our various tribal languages belong to a common family of languages. Archaeological findings have revealed strong similarities between the Nok, Ife and Igbo-Ukwu terra-cottas which have also given support to these conclusions.

Many hundreds of years after the Yoruba's had settled in Ilorin, another group of people; called the 'Fulani's'; Horse-borne and flaming with religious zeal, started from the extreme northwest of Nigeria and swept across the land during the jihad to establish the 'Gwando Fulani Empire'. These zealots crossed the Niger and defeated the Yoruba communities in and around Ilorin and gave the town the Islam religion and the emirate system of local administration.'



Kwara state (gateway to the north) is a land which both for its historical and geographical situation could best be described as a crossroads state, a conglomerate of cultures and peoples. It could be called a bicultural town both in terms of religion and the social life of the people.'

'The political problem of Kwara state is how to unite its various ethnic groups and although this problem had different manifestations in the form of uneven development and exposure to western education all over the state. The most important aspects of this duality could be seen in the way they operate both the emirate and 'obaship' system of leadership, the operation of three distinct legal system (customary, sharia and English or common law). Even its educational system takes into account the Koranic tradition. The nation is made up of people whose major division is tribal; tribes which are further sub-divided into ethnic groups. This tribalism and ethnicity are enemies of national unity. In Basil Davidson's; 'The African past', it is recorded that when Captain Hugh Clapperton, the English explorer asked the Sultan Muhammed Bello (1779-1837) of Sokoto and son of Uthman dan Fodio about the Yoruba people, the learned sultan was said to have replied;

'The people of Yoruba are descended from Bani Kan 'an, the Kindred of Nimrud.....Ya 'rub ibn Qahtan drove them out of Iraq...they left a portion of their people in every country they passed.....the Sudanese who live up on the hill are all kindred; so also are the people of Yauri their kindred.'

'There is no ambiguity in who we are or where we came from.....and there is also no uncertainty in our destiny as a people.'

(Culled from 'The Magic land of Nigeria' by Babatunde Shadoko)

(Compiled by Osuji Portia, 400 level)

Till I Live Again

a sonnet



When did thou depart
Oh thou that sets apart
Tis my body I see
Yet within, this isn't me
Wasn't I the one who unto a thread hope
could hang
Tisn't it me the song of surrender never sang
When did you die
Never say never that within me lie
Knoweth thou not this self you'd left
Impetus that resteth for nought but cleft
Who else could be culpable for such
atrocities
Medschool, not an enemy has this done
That self, this self shall one day reclaim
Nevertheless, it's till I live again.

Aladejare Samuel Adewumi(JNR).

Abyssmal

ADEJUWON FEMI
MB;BS 400L

Has one not failed already?
Why do two still try?
Has the mantle not left three?
Why do four not die?
Why is one trapped in limbo?
Much more lost than found
Within the reach of sorrow
Beyond the grasp of sound
Does time still pass in this realm?
Have we been aging still?
Our senses have no foothold
No grasp of what is real
The void has claimed us wholly
It's touch tainting our minds
It's dark bleaching us slowly
All self is left behind
We are now a vast nothing
Bounded by walls of light
Devouring every something
That strays into our sight
We are now always empty
Contentment does not stay
A void alive, though barely
A night unbound by day...



UNSUNG HEROES

BY JEMIKALAJAH EMUOBOME, 400L, MBBS.

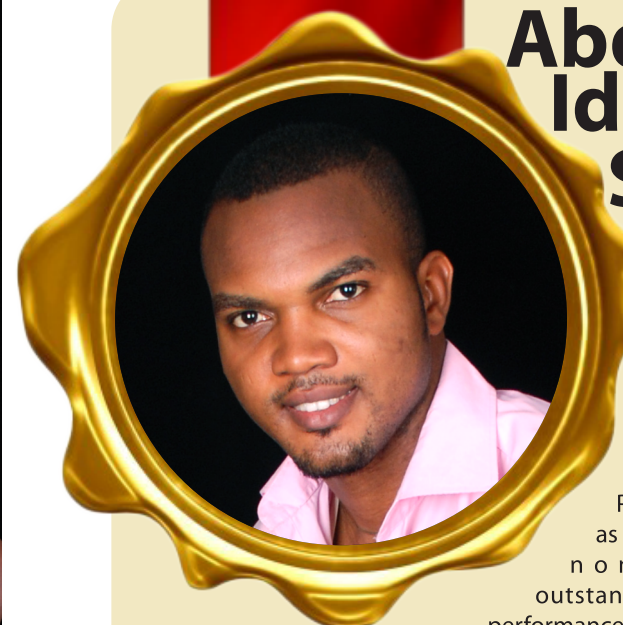


They say the nearer we come to great men the more clearly we see they are only men. I guess that bespeaks the fact that we often take for granted, some people among us who are doing great things by way of putting the lie to the fact that medical students are good for nothing but books. They are everywhere in the university representing us in politics, sports, public speaking,

quiz competitions, music, arts and the likes. Has there ever been any competition in The University of Ibadan in recent times that have not seen the participation of medical students? A question I fondly ask. There are numerous students who have represented us well and to put them all down on paper is no doubt an impossible task. Hence here are a few of them, and I hope

in doing this I may have removed the blinders from our eyes so we would see and appreciate not just them but others who are the avant-garde of the all-round UI medical student. Horace Walpole says: 'They who cannot perform great things themselves may yet have a satisfaction in doing justice to those who can'. I believe I have done just that.

Abdulmaleek Idanesimhe SADO



Prima facie, you see a jovial, debonaire guy. But who says a hunk cannot be a genius?

Popularly known as Maleek, a finalist nominee for outstanding academic performance at the Fifteen Outstanding Personalities

Award (FOPA) of the Junior Chambers International (JCI), this almost legendary 'distinction-banger' does more than just study.

He hails from Edo state and belongs to the 2009 set (600l). His hobbies are reading historical books, singing, and laughing.

Do not be fooled by his academic prowess as he also does active politics (was his class majority leader from 100l-300l) and was also his state association's preclinical director. He was also a member of UIMSA preliminary press (100l). Among all these, his forte is in quizzes.

He was a member of club 23 that won the second edition of the Zain African Challenge.

Participated twice in the Professor Ojuawo National Inter collegiate quiz in 2009 and 2011 where his team came third and second respectively.

Was part of the team that came second in the Dokita National Inter collegiate quiz competition.

His team also won the ABH organized inter hall quiz competition held in 2011.

The list is endless. As he rightly said, he is driven by the thirst for knowledge and quotes his mother: 'read a line each day because you never can tell when it would save your life'

His dream is to be a consultant in a field in surgery practicing somewhere outside from Nigeria.

Isioma Judith DIJI



You would be wrong if you pegged this lady for just a sweet smiling, jovial damsel. Besides the fact that she is 'smoking' in the academic point of view, she's got an enormous capacity to juggle numerous activities and absorb the pressure well.

Isioma is a 500l medical student who hails from Delta state and loves to write, cook, play scrabble and meet new people. Despite all these, her strong point is in public speaking.

She participated in the first edition of CICERO in 2009 and 2010 where she was placed fourth and third respectively.

Also in 2009 she partnered with Faith Abiodun to win the Inter tertiary Institution debate competition; she being the best speaker in that event.

She also has to her credit, the first prize in the Inter school Debate Competition; this she won together with UIMSA's Olohirere Ezomo.

She has also represented Queen Elizabeth hall in numerous inter hall oratory competitions, but her most

important victory in UI is her triumph at the super bowl in 2010 where she became the first medical student to win the prestigious prize.

That is not all; this lady also runs a philanthropic organization known as the Diji Isioma Foundation (DIF) which celebrates talents and skills of persons living with special needs.

Her inner drive is the search for justice and she is heartbroken to see injustice meted out on people.

Her dreams are to be a Clinical Psychologist or Community doctor, to have DIF big enough to cater for more people with special needs and ultimately to be the best mum and wife in the world.

Rotimi Peter Popoola

If you have ever being around this young man then you would have known the true meaning of hilarity. This funny outgoing chap popularly known as So-fly, is one of the truly versatile individuals we have on this side of UI. He is involved in comedy, rap and art; a creative time bomb waiting to explode. He is a 400L student from Osun state but grew up in Edo state. He likes to draw, make music, gist and write poems.

He was exposed to music at very young age so that at 14 he was already miming artiste's songs and doing rap. So far he has had three singles, two free styles and featured in two songs. Though not yet big, he is sure going to get there. He has featured in a few events in UI some of which are: Comedy rap hour, kuti hall lord of the mic, Biochemistry 2010 variety night, Face of preclinicals 2010, Physiotherapy 2011 variety night. If he is to be somewhere else besides Medicine, it would be Music or Art. His dreams are to be a renowned Doctor, Artiste, Poet or Orator.

Kemi Adejumoke Ofejiro ADELEKE

Blessed with a honeyed voice and armed with an appearance that steals attention, Kemi is definitely one of UI's prolific speakers. Voice and appearance aside, she is a force to reckon with in UI public speaking as by cheer grit she has placed herself in a laudable spot among the elite.

She is a 400L medical student who hails from Ekiti state. She likes to read novels, swim and dance. To her, public speaking has been something of a belief that she could say her mind no matter the place.

Her major competitions are: CICERO oratory competition in 2009 and 2010, Super bowl in 2010 and 2011 (where she came tops making her the

second medical student to win it). If not in medicine she would be in Architecture. Her drive is the need to express her opinions and to reach out to others. She hopes to one day influence lives as a Doctor and Public speaker.

Oluwafemi Gbolahan AREMU



The ever humble, easy going 'Popsi' Gbolahan hails from Lagos state and loves playing table tennis, lawn tennis, travelling and reading inspirational books. A guy you can rightly describe as cool calm and collected and undisputed elite in table tennis in

UI (second in UI rating). He has to his credit numerous medals from his exploits, some of which are listed below.

Part of the team that represented UI in Oyo state Tertiary Institution Games (2011)

Part of the team that won silver in the 2011 Bilateral Games University of Ghana Legon (went ahead to in Gold in the return leg)

Won gold medal in Provost Games, Professor Falase Table Tennis competition, CMD Games and ABH Games (all in 2011).

Also won silver in the inter Faculty games in 2011.

His philosophy is excellence and he is meticulous in whatever he does. Besides Medicine he is interested in Information technology. His dream is to be a good Doctor in the future.



THE LEADERSHIP PHENOMENON

waves of catastrophe into the current state and future of many developing nations (particularly in Africa).

courses and philosophy into the curricula of all schools starting from the kindergarten.

Moreover, **leadership is everybody's business.** It is not about organizational power, celebrity or wealth, but ABOUT THE FAMILY YOU ARE REPRESENTING. Most importantly it's about relationships, credibility and WHAT YOU DO. Thus if it's about everyone's business, then there's no escape and for our value system to change, we must realize that leadership have to be taught and learned by all. Leadership is learned.

It's just pure myth that only a lucky few can ever understand the intricacies of leadership. Leadership is not a gene, and it's not a secret code that can't be deciphered by ordinary people. The truth is that LEADERSHIP IS AN OBSERVABLE SET OF SKILLS AND ABILITIES that is useful irrespective of the environment they are exemplified. And any skill can be strengthened, honed and enhanced, given the motivation and desire, along with practice and feedback role models and coaching. None of us should mislead people into believing that they can attain unrealistic goals neither should we assume that only a few would ever attain excellence in leadership. Effective leaders see all experiences as learning processes and not just those sessions in a formal classroom or workshop. By reading this article and engaging in other personal development activities, you are demonstrating a predisposition to lead.

The long, strong and successful traditional political institutions in our community were disrupted and destroyed by the colonial masters. The principle of colonialism was taught to be a catalyst of change that would circumvent the greatest challenges of our society. However, it's evident from every available source that our hopes are dashed to the rock since we are still struggling with the quills of neocolonialism 50 years post - independence.

Distinguished scholars of Nigerian extraction have categorically ascribed the major issue confronting development to poor leadership. A critical analysis of the apparatuses that were put in place for independence shows absence of well-established leadership institutions. Perhaps the pre-colonial/colonial masters never knew the essence of teaching/training in a morally organized academic environment people to be exemplary leaders. This is partly because many think that leadership skills are genetically inbuilt or transiently acquired without proper training. Studies have shown that children receive leadership courses in schools, grow up to be better people than their counterparts. Hence a call for inclusion of leadership

Paul Kator Iorpagher
600 Level and Former Congress
Chancellor

“I WAS PART OF THE BAND OF POPULAR GOSPEL MUSICIANS YOU HAVE IN THE COUNTRY”

EXCLUSIVE INTERVIEW WITH

PROFESSOR OLUWATOSIN

Prof. Oluwatosin, professor of surgery and consultant plastic and reconstructive surgeon, a man whose poise and welcoming ambience has drawn both students and staff alike. On a sunny afternoon at his office, he bares his mind on the prospects of the emerging field of plastic surgery in Nigeria.

“Breakfast was 20kobo, lunch and supper were each 25kobo and coffee and Bournvita were free.”

“many people are not researching as much as I did and of course medical students are not involved in researching to my pain”



Medscion: Please can you introduce yourself?

Prof. Oluwatosin: I was born in Lagos and grew up downtown Lagos. Lagos was a beautiful place and we enjoyed ourselves. Downtown Lagos offered us the opportunity to grow up in a community and we played football in the streets. We designed cups from cardboard and presented it to the winners. I attended Igbobi College Lagos where many prominent people schooled including former Vice Chancellor, Prof. Falase. From there, I was catapulted to University of Ibadan. Once I left Lagos, I have all the time been in Ibadan except for some years that I spent abroad in residency training. I am married and blessed with three young men. One is a medical doctor, the other two are Post-graduate students. My wife is a member of staff of the University.

Medscion: How was medical school during your time?

P.O.: Beautiful. It was among the top ten schools in the commonwealth then. I enjoyed it thoroughly. I resided in Nnamdi Azikwe hall, which was newly built then. In my room, there were 3 of us, although there was a squatter, the 4th person. Breakfast was 20kobo, lunch and supper were each 25kobo and coffee and Bournvita were free. We had good and reputable teachers.

Medscion: Why Plastic Surgery?

P.O.: In the first instance, I had thought of surgery because surgeons were a different breed of doctors. You could see them well dressed, cute. Of course, in the theatre we saw them operate beautifully and I took up the challenge. By the time I started my house job, there was a mister who had done his residency in America, a plastic surgeon. I did my house job under him and he challenged me. I remember a guy who had cut off a thumb and he made attempt to replace it. Those were the kind of things that gave us the challenge.

Medscion: How long was the training and how was the experience?

P.O.: I wasn't typical. I did the first part of residency in Nigeria and the second part in the UK. I started surgery and by the time I passed my part 1, I had already made up my mind I'd do

plastic surgery. Fortunately, the first indigenous plastic surgeon had retired and the other consultant also could not be accommodated. He's a popular plastic surgeon in the US now, old and retired. He made his mark, Dr Ofodile. Both of them left, so I had nobody to train me. I took up plastic surgery at the beginning of 1985 and was being supervised by some other surgeons who were not plastic surgeons and for about three years, I shuttled between here (Ibadan) and Lagos and I didn't quite get a proper plastic surgery training. I later went to the UK and received additional training in plastic surgery for 4½ years, so we are looking at a scenario where I started residency in 1981 and came back to become a consultant in 1992.

Medscion: Would you describe your training as being hands on and did you have the opportunity to train yourself?

P.O.: I think I enjoyed it. It was like a punishment then but what I'm made of now is a product of the hardships that I passed through then. By the time I was a senior registrar, the doctors were already checking out of the country and we had very few anaesthetics allocated to plastics so I had to learn how to do a lot of regional and local anaesthetic blocks and it paid off. I have been able to train some of my residents too. Of course, I had relatively good hands in terms of researching because I remember we took up the issue of using honey for wound dressing. I was probably reputed to making it popular all over the country. We were also opportuned to use amnion and I'd go to the labour wards to collect amniotic membranes. Nowadays there isn't that much freedom or rather many people are not researching as much as I did and of course medical students are not involved in researching to my pain. During my time, we had holiday jobs and long vacations but nowadays, long vacations are merged into trying to absorb the shocks of ASUU strike and some other indigenous groups.

Medscion: How's the department of Plastic Surgery doing now, how far have you gone?

P.O.: Thank God for UCH who gave us the license to start-up a department. The department has five consultants.

PERSONALITY

The department has grown reasonably because we do a lot of things that are not done in other parts of the country and at the same time we struggle through the problem of unavailability of materials, infrastructure, but at least, we try to do things the standard way. Two residents that travelled to Germany could hold their heads because they had a good training here.

Medscion: The Nigerian populace is getting hungrier in the prospects of plastic surgery in Nigeria; especially the cosmetic aspect of it.

P.O.: The populace is getting increasingly internationalized. The world is a global village. Therefore, all are connected to the world and that's why **we must brace up to become relevant.** The only problem is that we don't have private, public and government support. Plastic surgery is a very broad specialty. It covers practically everything from treatment of wounds to coverage of abnormalities which can be on any body part e.g. cleft lip/palate and cosmetic surgeries. We try to keep abreast. We are trying to acquire lasers and have also gone out to train ourselves so that we'd make use of them when the hospital acquires. Breast augmentation and reduction is practically a routine here and I know that the public can benefit so much if only they know these things can be done. Patients that have mastectomy get breast re-construction here although not in the number we'd love to but we do them when we need to.

Medscion: What would you say to a medical student who wants to go into plastic surgery because it is lucrative?

P.O.: It is lucrative in many other countries abroad. We do very little private practice here. If you want to do private practice with your normal government work, then it can be lucrative but the way we practice it is not really lucrative. You could make a lot of money because once you become popular, people will come to you.

Medscion: Why do a lot of rich people still feel they should travel overseas for plastic surgery?

P.O.: It's partly because they are not well informed. If we step up our public info, I'm sure we would get a few who'd stay instead of going out. I will not blame some people because of some hitches



we have here: power failure or you can't carry out an investigation. These kinds of thing are what make them go abroad even when it can be done here. But I'm still hopeful, maybe in your generation when thing would be done the right way. But now, we're still battling that infrastructure will be made available, health insurance covers the cost (although cosmetic surgery is not covered by health insurance even abroad); so that they have the confidence that power failure would not disturb surgeries.

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still hopeful, maybe in your generation when thing would be done the right way. But now, we're still battling that infrastructure will be made available, health insurance covers the cost (although cosmetic surgery is not covered by health insurance even abroad); so that they have the confidence that power failure would not disturb surgeries.

Medscion: How optimistic are you about the future of plastic surgery in Nigeria?

P.O.: I'm very optimistic. We grew up during the recession in the sense that things were very bad, and were not really available. Things are becoming increasingly available. One can use his or her salary to go for a conference abroad. In those days as a young consultant, even if you saved your annual salary, it wouldn't be enough to pay one's travel

“ we must brace up to become relevant,...the thing that needs to come on board is attitude. ”

expenses. I believe **the thing that needs to come on board is attitude.** Attitude went down the drain during the recession and initially people said government was corrupting the people, and gradually the people also corrupted themselves. But once we have thing ironed out at government level, corruption eases out and the attitude improves, infrastructure is sorted out and then I'm very optimistic that we'll get to that especially since we pray for the country.

Medscion: How have you been able to combine family life and building your career?

P.O.: It wasn't really easy but I took things almost leisurely because I didn't want to overstress myself. Take for instance, when I went for training abroad, my children were with me and I tried my best to keep them close to me. God so much helped me, I was able to take care of the children. My wife also played her wonderful part by staying at home to care for the children. So that helped us a lot. By the time I finished I was recognized by the general medical council, I got my certificate in plastic surgery, and I got back to the country. My boss wanted me to stay... but I knew I had children to take care of and a wife to love-it was a matter of choice.

Medscion: Hobbies

P.O.: I played the drums, even into residency ... I was part of the band of popular gospel musicians you have in the country, I mean, they are still playing. This work takes much of my time and it's basically mentoring that I'm into now.

Medscion: If not medicine, what could it have been?

P.O.: I think I could have gone into engineering. I had the qualification to study engineering more than medicine but I made up my mind to do medicine.

Medscion: What do you see about the present set of Medical Students like in the nearest future?

P.O.: I think I can see intelligence, I can see brilliance. I can see things in the positive direction with the present crop and you just need to be groomed to be focused. You are bombarded with all sorts of stimuli but you don't have to get excited at every stimulation. Get your focus and zero it. I'm very hopeful about the future generation. I can say that the future is bright. I look forward to a set of people who will treat us when we grow older.

By Kelechukwu, Toba and Nnenna

POETRY



BETWEEN THE COAT AND THE OATH

After six years of hard labour,
My final release was worth the savour.
Amidst pomp and pageantry was my parting prize procured,
A coat to wear, an oath to swear.

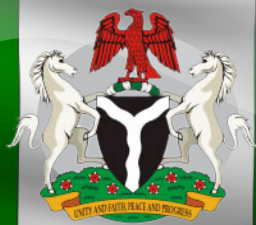
Clothed in the glory of this white apparel,
I sauntered into a waiting ward like an angel.
This cloth alone couldn't have wrought the magic but both-
The conjuration of the coat and the oath.

I had become the god of the ward,
With metaphysical powers to heal,
This metamorphosis so sudden,
more so surreal,
Brought by the coat and the oath.

T'must be this sacred writings of Hippocrates,
That made the coat potent; that made me deviate
Only to find myself somewhere in the middle of nowhere
Between the coat and the oath

To kill or rather to heal,
To arrogate powers or be surrogate,
To be another Harold Shipman or be humane,
Is to be lost between the coat and the oath.

Willful strife for obeisance only made me a nuisance,
The coat of nobility came with an oath of humility,
The twin prize working together were born to win-
Only if I knew the chemistry between the coat and the oath.



Nigerian Diabetes Mellitus

Diabetes mellitus is a chronic metabolic disorder in which utilization of carbohydrate is impaired and that of lipid and protein is enhanced; it can be caused by an absolute or relative deficiency of insulin and is characterized in more severe cases by chronic hyperglycemia (excess sugar in the blood stream), glycosuria (presence of glucose in urine), water and electrolyte loss. (Stedman's Medical Dictionary).

Critically analyzing this disease, you will realize that the problem

is not inadequate intake of glucose in food but that the ingested glucose is not taken up for use by the cell because of a lack of insulin. Hence you can say the person is suffering in the

midst of plenty. Now does it make sense to you that Nigeria is diabetic. If you ask me, I will say she has autoimmune diabetes because the problem is from all of us as Nigerians. What is our insulin? I will leave that for you to answer.

The diabetic state of Nigeria is reflected in every facet of this nation: resources both mineral and human, education, economy, intellectual, health, agriculture, governance

Every state of Nigeria as blessed with at least three different mineral resources. Mrs Deziani Madueke in 2009 then Minister of Mines and Steel Development said the Nigerian Federal Government has now identified commercial deposits of a total of 37 minerals, up from 33 minerals in 2008, Kogi and Nassarawa being the most endowed. These include natural gas, crude oil, gold, bauxite, coal, and limestone to mention but a few. But how many of these are properly tapped for the use of the Nigerian people. You will agree with me that the government at every sector has failed in tapping and processing all our abundant mineral resources. She also stated that Kogi state alone has deposits of a total of 29 mineral resources available in commercial quantities. As things stand, Kogi State alone has enough deposits of coal to supply all of Nigeria with electricity for 400 years, yet we are still struggling with epileptic power supply. Kogi state alone holds enough limestone to keep 3 giant-sized cement factories (with over 15m tons annual capacity) operational for an unbroken stretch of 99 years. Next door in Nasarawa state are commercial deposits of 25 mineral resources.

Nigeria is the sixth largest oil producing nation in the world. The Niger Delta area of this country from where a large percentage of our crude oil is gotten do not even have much development to show for it not to talk of a state like Maiduguri in north-east Nigeria. We are even sometimes rocked by fuel scarcity not to even mention the latest subsidy saga. I can go on and on, giving insight into how much we have but the question is how much are we using?

Nigerian population stands at about 160 million people as at 2011. Isn't this supposed to be a much cherished valuable? A large percentage of Nigerians are unemployed, I believe most of you will be blaming



the government. But thinking of it again I beg to ask how many of us as citizens of this great nation are doing something in our own capacity to make this nation better? Do you ask yourself at the end of every day if your decisions and actions have made Nigeria better? Shouldn't we stop waiting for government and get ourselves useful?

Our educational and health sectors come out with various researches and projects on a daily basis. Yet how many of these are implemented for the progress of this nation. Most researches end up in the offices of our tertiary institutions.

Nigeria is rich; there is no doubt about that. But corruption, lack of proper implementation of policies, selfishness on the part of both the leaders and the led have put us in this terrible state of poverty. Most Nigerians still live on about a hundred dollars per day, how terrible!

Nigeria is blessed with plenty of great minds who on a daily basis move out of the country to use this for the benefit of other countries because the country does not provide them with the environment to use these great ideas.

Nigeria has a surface area of 923,000sqkm. Every region in Nigeria has a particular type of soil good for producing certain cash and food crops yearly, irrespective of the season even the extreme north, characterized by dryness and dustiness, is noted for its resourceful horticultural activities to produce onions, varieties of pepper, tomatoes and other vegetables that serve the nation for over eighteen months. There is no state in Nigeria where the land is completely barren all year round, therefore application of fertilizer in farming is not a do-or-die affair in all parts of the country. Yet with all of this Nigeria still imports rice a crop that can be produced in excess in states like Niger, Kebbi, Nasarawa and others. Where have our groundnut silos gone to? What happened to cotton production in Jos, Adamawa and others; why are we not exporting palm oil in all its abundance in this country-many questions, few answers?

Have you ever wondered what happens to all the government policies that are framed up every year-the many policies with no implementation? From Universal Primary Education (UPE) to Universal Basic Education (UBE) and Education Trust Fund yet little impact on the Nigerian educational sector. The Petroleum - Special Trust Fund was to use money gotten from crude oil to provide infrastructure yet where is it today. The list is endless. We presently have the Subsidy Re-investment and Empowerment Programme which I hope will not also end up being noise, I know what you are thinking but I remain a patriotic Nigerian and hope for the best from SURE.



The challenge is that Diabetes Mellitus can only be managed, but how do we go about her conservative management? Here is my referral letter to you all as the Doctors.

**Nmadu,
Yeka
Wusa**
MB;BS 400L

Light

Light pervaded the land heralding day,
Moulding from darkness shapes as though of clay,
Casting incandescent glow on the sea.
Revealing mountains that I am yet to see
So I stood wondering where next it would go,
Then I was hit by its radiant glow

Oh light! I bathed in your warm delight,
Remembering nothing of the past night.
You wake in me a feeling of new hope,
My body just too frail to cope
Light; creatures beat in tandem
To a new rhythm you have given them

Oh light! The seas are beads of gold
The mountains no longer would be cold,
Yonder trees now would be green
No longer black as had once been
Light, the clouds cannot stop you
They float subdued under your golden hue

Oh light! You course the earth in defiance of night
Just as the creator said, let there be light.
Rousing the birds from their sleep,
You end the watch the crickets keep;
Dazzling creatures even as little as the bee,
Illuminating earth,sky and sea.

Emuobome
JEMIKALAJAH,
Medicine and
Surgery 400L





IT'S ALL ABOUT PASSION...

What did she do to win the hearts of pre-clinical students in such a short time as a lecturer in Anatomy department? Prestige Obioma and Nnnena Ukoha got up-close-personal with Dr(Mrs) Bolaji, hear her speak.

Background

Dr. (Mrs) Bolaji Oluwabunmi Modupeola is a lecturer in the department of anatomy, university of Ibadan. She is happily married to her one and only, Engineer Bolaji. She is a Christian, She attends Global Harvest church in Bodija. Her hobbies are singing, helping people- not financially for the record- which she does a lot by the way. She lives in Bodija, She was born in Ibadan, She schooled at International school Ibadan (ISI) and had her tertiary education at the prestigious University of Ibadan Medical College. She attributes this to her not being adventurous.

Her decision to become a lecturer

She wanted to do her residency and move ahead but the job came on a platter of gold and, having the full qualification, she applied and got the job.

Her summary of medicine

One could be carried away by the prestige associated with medicine, a lot of respect and honour. Yet, she has come to learn that **it is all about the passion not the money; one has to learn to separate the two.** To this she adds, *It's vital you put the passion first. You've got to be contented with the moderate salary. You need to know the more important thing on time.*

Her conquests and laurels during medical school

She did not make any distinction in medical school, however, she won prizes. As to whether the prizes came easily, she was not definitive as she believes she was not aiming for them but just craved for excellence and gave it her best shot. She was surprised when she was said to have the best result in part II, she never knew the prizes existed! "In a nutshell", she says, "prayers, consistence, diligence and good company is still the best combination therapy."

Favourite course as a student; Reason.

Medicine and Gross Anatomy. Being thought- provoking, medicine made an easy course to manage. Principles of Surgery also caught her interest but was cumbersome. She disliked ENT for no particular reason. Pharmacology was fascinating too.

Favourite reading hour in medical school

Daytime, she knew she was not a nocturnal animal. She would sleep very well in the night to help her work well during the day.

Philosophy about medical school

Medical school is a training ground for those who want to become doctors and dentist, and I think you should submit yourself to the training. Those training you want to impart good habits, attitudes consistent with the profession. You are taught to dress, speak, and act like a medical doctor. It might be rigorous and frustrating, sometimes you wish you didn't come in at all, but the end is fulfilling.

Endure the pain for the future gain.

On UIMSA, extracurriculars et al

It's really encouraging to see students involved in beneficial things like this. It shows that it's not all about the books but the brains as well. With better technologies and brilliant medical students around, UIMSA is headed for the top. UIMSA alumni all over the world are doing great things, phenomenal things. We pray for sustenance and that the glory may be returned to us where we have lost it. I was in **sinfonia** during my time and it helped expand my coast. I went for UIMSA dinners which were also interesting; I went with Ekpeyong, my class boyfriend then. I also won *most admired female during my time.*

Final tip for medical students?

For those who want to take up lecturing, there is opportunity, plenty indeed. There is room for research, teaching, imparting knowledge as well. Tap into this vast resource called medicine and see yourself excelling even at winning a Nobel Prize. I wish you all the best. Remember to ask questions, learn from your lecturers, plan your day, have priorities, set goals, and know yourself: strengths and weaknesses, talent and pray for God's help. Move with the wise to become wise, make your parents proud and be serious and committed to success. God bless you all.

Dr. Bolaji was awarded the following at her induction ceremony:

. Departmental prize for Surgery

. Departmental prize in Pathology

. Sir Kufo Abayomi prize for Medical Pathology

. The George Edington prize in Pathology.



fab afrik

graceful look with maximum expression of personal style, beaming with confidence and happiness



FASHION

Don't get stuck in a fashion rut. Try new things, experiment.

Cynthia Rowley, Fashion Designer

I think every woman needs at least one pair of jeans that she absolutely loves!

Selita Ebanks,

Confidence is key.

Tommy Hilfiger, Fashion Designer

Clothing serves as a first impression, as well as a form of self-expression.

Michelle Smith, Designer, Milly Clothing

High heels or ballet flats go with everything.

Liz Lange, Fashion Designer

Not every trend is going to work for everybody, or body type. Determine what works for you and what does not.

Shoshanna Gruss, Fashion Designer

True elegance and style comes from being confident and feeling comfortable in your own skin.

Tory Burch, Fashion Designer

Be confident in your clothes and wear what you feel best in. If you're not comfortable in what you're wearing, it will show.

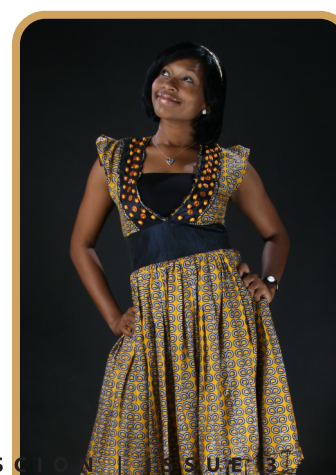
Tracy Reese, Fashion Designer

Accessorize with pops of color! A simple, fun, inexpensive cocktail ring or bold-stone cuff can dress up an outfit. Or add a colored scarf or belt.

Tori Spelling, Actress

fab afrik

1) Short Ankara gown with beaded neckline



2) Long Ankara evening dress



3) Afrodenim cropped Jacket



Designer:
Opeyemi Emoruwa
fourthmanconcepts@gmail.com
08030643245

When asked their favourite colour, the first reaction of some people usually is a pause, maybe hesitation, then an answer. For some others, mentioning a colour they can relate with most appropriately is even very easy. Colours do make the world go round (think of a life without colour!) and they put life into everything around us. With the beauty, zest and excitement they bring, colours may define a person's tastes or emotions and even mood or disposition.

We will never truly understand our reaction to one colour or another, but a better understanding of the symbolism behind the color will bring us one step closer. Let's check these out:

▶ **Red** is a passionate color that can lead to violence and warfare, or the flush of love that transcends time. It can have two extremes: Cupid at one end and the devil at the other! Red roses are a sign of undying love. Red could symbolize life (the blood of life), caution, anger, danger, courage, sacrifice and death.

▶ **Orange** is a combination of both red and yellow which doesn't shout the way red does. It combines the aggression of red and the calmness of yellow. Orange is vibrant and warm and symbolizes strength and endurance. It stimulates the emotions as well as the appetite.

▶ **Yellow** is energy in its' purest form. It is a cheerful colour. It is the sun that shines so bright and puts life in everything around us. It's simply clean and bright. Yellow is also clarity and awareness.

▶ **Green?** Of course, life comes to mind when you think green. It is nature at its' best. When we care about nature and recycling, we think green. It is a symbol of spring and the renewal of life. It's cool and refreshing! Green can represent wealth and money, and a green light gives one a go-ahead. Be warned, there's also the green-eyed monster called envy!

▶ **Blue...** yeah! The 'fashionistas' think blue and think jeans. Blue is peaceful and tranquil, loyalty and trust, stability and harmony.

A wave of colours

Blue is the colour of calm sea water. When you're depressed or melancholic, you're blue.

▶ **Indigo** is a dark purplish blue. Purple grapes and blueberries are indigo. The deep blue of dark denim blue jeans is indigo. It carries the symbolism associated with the darker shades of blue: trust, truthfulness and stability.

▶ **Violet** is a lighter shade of purple and purple is royalty, wealth and luxury. It is a mixture of opposites: the warmth of red and the cool of blue.

▶ **Black** is beautiful (yeah, right?) Black is the absence of colour. It is the named color of objects that do not emit or reflect light in any part of the visible spectrum, i.e. they absorb all such frequencies of light. It could symbolize authority and seriousness and may have conflicting connotations. It can be serious and conventional, mysterious, sexy and sophisticated. Don't forget words like 'blackmail', 'black sheep', 'black market', 'black eye' and 'black out'.

▶ **White** light is a combination of all colours. It represents life and hope and connotes purity.

Colours are numerous and complicated but most are a combination of the ones just described, so you can figure out which suits you best.

Nnenna Ann Ukoha

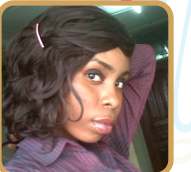
By Ume Jennifer, 400 level.

Vox Pop

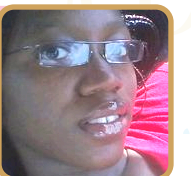
Should we always blame 'toxic' men for the downfall of female stars?

Females

Blessing: No, we all have the power to choose what we want. Life is all about choices.



Joy: Nobody should be blamed for one's mistakes. We have a right to choose and if you feel you are in the wrong relationship you can always opt out.



Peju: I think its multi-factorial. Getting attracted to such a man in the first instance is a pointer to worse things ahead. A lot of things come to play in issues like this.



Chinazo: Women are usually very gullible to an extent so yes, I think the men are to be blamed.



Cheti: Female stars are really fragile because their stardom puts them in the spotlight but I think their misfortune is still their fault irrespective of this. They have to bear the consequences of their fame wisely.



KC Babajide: The men shouldn't always be blamed. The women weren't forced into the relationships; they could leave if it wasn't making sense. It's too bad they fell in love with the wrong man.



Fisayo: No, why blame the men at all? If one's going to turn out bad, it's innate. External factors, in this case the men, just help bring out the bad characters.



Dozie: I think it's a 50-50 thing.



Rotimi aka So Fly: I'd say partly. Bad company corrupts good character plus when you are in 'love' you tend to do things you normally wouldn't do. But bear in mind that some ladies are also 'toxic' to men. So it isn't entirely the man's fault.



Tunji Olure: It's controversial. The saying goes that evil communications corrupt good manners but no matter the influence, you always have a choice to do the right thing.



Ooseem: Before the lady started dating the man, she should have known what kind of person he was. So she should be blamed for her misfortunes.



GT: Everyone is ultimately responsible for their behaviour nevertheless **a partner is accountable for his/her partner's social and emotional health.** The fact that you are in someone's life should drive you towards ensuring they live a wholesome one.



By 'toxic' men I mean men that do drugs, take excessive alcohol or abuse prescription drugs. Last July the world mourned British Singer Amy Winehouse who was found dead in her home. Autopsy revealed she died of alcohol poisoning; her blood alcohol content was 5 times the legal drink-drive limit. People blamed her death on ex-husband Blake Fielder-Civil who once said he introduced her to crack cocaine and heroine. This year the not so shocking news of musician Whitney Houston's drugged and drunken death hit the tabloids and yet again her former husband of 14 tempestuous years, Bobby Brown was impugned by some. These two are just examples of female stars whose troubles with drugs and alcohol are linked to their male partners. Unfortunately it led to Whitney and Amy's young passing, robbing the world of great talent. But should we be quick to point accusing fingers at these men? Are the females to be held responsible for their bad life choices? Or are they just victims of the wild world of show business? Here are the views of some medical students.



KILLING THE BOY



Since the establishment of Madonna university in Okija, Anambra state, private owned universities have become commonplace in the country. These institutions just like the proverbial birds of a feather that flock, have so much in common that, a quick glance is but enough to appreciate so much, if not all of it.

First, in an economic setting where 18 000 naira minimum wage is still mysteriously utopian, these institutions' exorbitant tuition fees and cost of living stands out clearly from the endless list. Their proprietorship of religious groups also caught the writer's eye, so also is their uninterrupted academic calendars that are notorious for squeezing, perfectly or otherwise, 4 academic years into 3 calendar years. Another and perhaps the one that has turned these institutions into the beautiful bride is the ease with which admission is secured; a JAMB score of 50 marks or even less is more than enough to earn one admission into any of them. In fact, there are reported cases where all that candidates needed for admission was a JAMB's registration number.

Of all the qualities, yours sincerely, is more interested in the trend that is threatening to make a mockery of the ideology behind the establishment of universities. A university is an institution that develops an individual's creativity, insight and analytical skills, while also typically preparing a perfect platform for him to experience a major turnaround in his life that academic and

professional training cannot guarantee. However, it is characteristic of our private universities to deliberately place exacting rules against major activities that within proportionality limits, balance the frail intellectual equation of students, such as involvement in club activities, organizations, dressing, opposite sex relationship, suffice however to mention student unionism. Defrauders or those who are only just bold enough to raise eyebrows are made to face draconian penalties, so this way, the management makes and discusses her rules.

The writer is not unaware of the moral rot that trails the public university system, therefore cannot belittle any efforts by the private universities to nullify same. But such efforts should be those that would uphold the meaningful trends of their public counterparts, and not jettison them. Something may be wrong in a youth of 16 years having a relationship with his/her opposite sex peer; however, it may not be as bad as him/her having to turn the affection into a same sex jape, simply because the ideal relationship was established a little too late. What of leadership qualities? Are they better developed after school? Or when would a girl that boarded during her high school acquire cooking skills, during the few weeks she goes home for the characteristically rare breaks?

The need to check this trend is pertinent, **else these graduates may find the outside world too scorching to survive, let alone impact.**

CHIAHEMBA IOREMBER
MB;BS 400L.

ICT IN THE 21ST CENTURY

ICT is a generic term covering computers, broadcasting, telecommunications, data networks and smart components which are being increasingly applied in diverse uses. It can be defined as the totality of the electronic means to collect, store, process and present information to the end-users in support of their activities, and consists of computer systems, data communication systems, knowledge systems, office systems and consumer electronics

An international report disclosed that ICTs offered enormous opportunities that enhanced the competitiveness of industry; increased the returns from trade, attracted foreign direct investment and other forms of external capital; increased the integration of small and medium-sized enterprises into the value chain; and enhance the service provided by the financial sector.

While ICTs bring about major development schemes, it has been observed it caused loss of control over a country's economic destiny and, has led to forced alignment of domestic economic policies with international ones, with investment decisions by both



domestic and foreign terms being taken in line with considerations of global competitiveness which may not always be consistent with national interests.

Some claimed that the advancement in the 21st century is only that of labour utilization and not real innovation that has brought the principal boost to the world economy. With this, the "Gordon Moore extrapolation" of a constant exponential growth in ICT must have taken an over-sight for the reality. Despite technological advancement in nuclear fusion, cleaner coal, carbon capture and storage, the capture of CO2 from the air, bio-fuels, batteries and all-electric cars, wind turbines, photovoltaic panels, geothermal energy, hydrology, desalination, early warning systems for bad weather, synthetic biology, stem cell research, neurobiology and much else besides, some still claim that there is little to compare with the sweeping grandeur of earlier revolutions of the 20th century, amidst its holocaust and gulags.

The "post-war legacy of innovation" has become a popular concept in the period following the world war when the wonders of the atomic bombs and nuclear reactors, transistors and integrated circuits, microwave ovens, manned space flight, lasers, PC, the World Wide Web, the Internet search, mass-produced penicillin, and the Green Revolution with high-yield, disease-resistant wheat, were hallmarks.

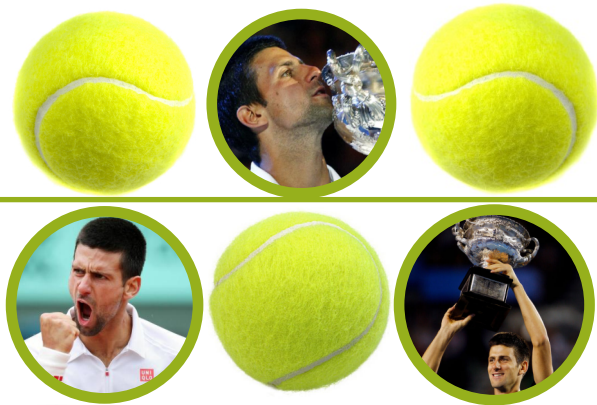


“technological advancement in nuclear fusion, cleaner coal, carbon capture and storage, the capture of CO2 from the air, bio-fuels, batteries and all-electric cars, wind turbines, photovoltaic panels, geothermal energy, hydrology, desalination, early warning systems for bad weather, synthetic biology, stem cell research, neurobiology and much else besides...”

The 21st century has been described as the era of ICT-offer-and-utilization as most of the “new” things seen follow an improvement on the post-war innovations; and how much supportive this is to developing countries is an open debate.

The global information communication has been called "the world's largest machine," and it is very complex and difficult to visualize and understand in the entire framework of hardware and software subsystems., of which only countries and governments with technology, resources, information, and access to good international market relations are more likely to benefit.

UWAYA Samuel, 600level medical student at the University College Hospital, Ibadan, Nigeria; email:samsamlllex@yahoo.com



The Making Of Novak Djokovic

He is the first of 3 sons. Djokovic was born 22 May, 1987 in Belgrade, Yugoslavia. He is a self-described fan of languages, speaking four himself-Serbian, English,

German and Italian. He started playing tennis at the age of four, that was 1993 when he was 6-years old, discovered by Yugoslav tennis legend Jelena Genic. Upon seeing the dedicated and talented youngster in action. She stated, **this is the greatest talent I have seen since Monica Seles.**

At age 14, he began his international career, winning European Championships in Singles, doubles and beach competition. Djokovic is known for his often humorous off-court impersonations of his fellow players, many of whom are his friends. It is because of this jovial personality that he earned the nickname **Djoker.** Novak Djokovic is a

member of the *Champions for peace club*, a group of famous elite athletes committed to serving peace in the world through sport.

He is a keen fan of Serbian football club, Red Star Belgrade, Italian side, A.C. Milan and portugese club S.C Benfica.

Djokovic began the 2012 season winning the Australian open. In the semi-final, Djokovic beat British Andy Murray in five sets after 4 hours and 50minutes. Coming back from a two sets to one deficit and fending off break point at 5-all in the 5th set.

In the final, Djokovic beat Rafael Nadal in five sets. At 5 hours and 53minutes, the match was the longest final in open Era Grand slam history as well as the longest match in Australian Open history.

Records against other Top 4 Tennis-player

Djokovic vs Nadal(2)	
14	- 10
Djokovic vs Federer(3)	
10	- 14
Djokovic vs Murray(4)	
7	- 4

Playing Style

Djokovic is an all-count player with emphasis on aggressive baseline play. His backhand is widely regarded as the best in today's game. Djokovic has the best return serve ever seen on a tennis court as acclaimed by former tennis great, John McEnroe for ATP.

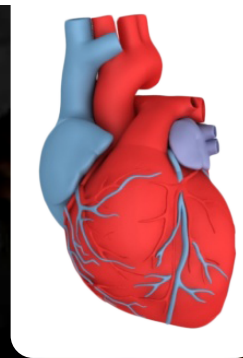
Grand-slam titles

Australian Open	-3
French Open	-0
Wimbledon	-1
US Open	-1
Davis Cup	-1

In all, he has 29 titles to his name including grand slams, Davis cup and ATP masters.

Will he join the roll-call of phenomenal tennis players like Roger Federer, Pete Sampras, Bjorn Borg, Andre Agassi and Jimmy Connors? Only time will tell.

By Akintunde Gboyega ,400L,MB;BS



KANU: THE HEART THAT NEVER STOPPED

By Lawal Mustapha, 400L, MB;BS

Years ago, there was a famous advertisement on TV. With the popular line 'Papilo I know say one day you go make us proud'. This advert reminded me of how great Nwankwo Kanu actually turned out to be. Kanu from being Nigeria most decorated player to fighting a valvular heart disease has being a great influence to Nigeria. His heart foundation has touched lives of children and Adults and Kanu is not only one of the greatest Nigeria footballers ever but also one of the most influential men Nigeria has ever known.

Kanu was born in Owerri, Imo State in 1976, His name Nwankwo means *a boy that was born on market day of Nkwo*. He started his career at federation works, at the tender age of 15 before moving to Iwuanyanwu Nationale. During his time at Iwuanyanwu he developed rapidly into a stunning talent that he was invited to the U-17 national team in Greece. He had an impressive tournament and was subsequently transferred to Ajax Amsterdam where he scored a total number of 25 goals in 54



games.

1996 was the turning point in Kanu's career; he led the Nigeria national team to the Olympic tournament. He scored two memorable late goals in the semifinals to overturn a deficit of 2-3 to 4-3 against power house Brazil to get Nigeria into the finals. Nigeria would eventually win the football Gold medal match against Argentina. Inter Milan eventually snapped him for 4.7 million Euros. He underwent a medical examination which revealed that Kanu had a very serious heart defect.

He had an aortic valvular disease which was life threatening. He had to go for an valvular replacement surgery that would keep him out for close to a year. This was a trying time in Kanu's life, Kanu, a Christian, would say in later interviews how much he prayed to God to guide him through the time. Kanu recovered from the surgery remarkably. Though he went on to play a meagre 11 games for inter scoring one goal before he transferred to Arsenal where he proved his mettle and became a legend.

Kanu's experience during his surgery and heart disease challenge lead him to create a philanthropic foundation, 'The Kanu Heart Foundation', which is aimed at helping young African Children who has heart defects get cured. He has helped thousands of African children with heart defect live a healthy and normal life. The foundation takes children abroad to India to get specialist care with Surgeons but they have recently announced plans to establish a

cardiac centre in Abuja where specialist care can be rendered without having to go abroad.

Kanu is known as a legend both in the Premier league and African football. He racked up several trophies including two premier league trophies, two F.A. cups and 1 community shield. He also has the record for the highest number of substitute appearance by a player in premier league history. He is also a \$ time Dutch Eredivisie winner, champions league winner, UEFA cup winner, UEFA super cup and UEFA intercontinental cup winner. His individual awards include 2 time African player of the year, 2 time BBC African footballer of the year. He has also been conferred the OON national award by the federal government; also a UNICEF ambassador.

Kanu's story is a very inspiring one, it is that of a man who inspite of obstacles and adversity came strong, travelled and triumphed. It shows a young **determined** man who gives back to the community, helps the young and fight for the afflicted. Indeed Kanu has made us proud.





LOTS OF LAUGHS

by Obioma Prestige 300I

"Be careful about reading health books. You may die of a misprint." - **Mark Twain**
 "Never put off until tomorrow what you can do the day after tomorrow." - **Mark Twain**
 "Go to heaven for the climate and hell for the company." - **Mark Twain**
 "By all means marry; if you get a good wife, you'll become happy; if you get a bad one, and you'll become a philosopher." - **Socrates**
 "The length of a film should be directly related to the endurance of the human bladder." - **Alfred Hitchcock**
 "I have a perfect cure for a sore throat: cut it." - **Alfred Hitchcock**
 "God gave men both a penis and a brain, but unfortunately not enough blood supply to run both at the same time." - **Robin Williams**
 "Never tell your problems to anyone...20% don't care and the other 80% are glad you have them." - **Lou Holtz**
 "In theory, there is no difference between theory and practice. But in practice, there is." - **Yogi Berra**
 "I'm sick of following my dreams. I'm just going to ask them where they're going and hook up with them later." - **Mitch Hedberg**
 "You know, boys, a nuclear reactor is a lot like a woman. You just have to read the manual and press the right buttons." - **Homer Simpson**
 "I had a dream that I was awake and I woke up to find myself asleep." - **Stan Laurel**
 When I said 'death' before 'dishonour', I meant alphabetically.

I don't suffer from insanity; I enjoy every minute of it.

I don't find it hard to meet expenses. They're everywhere.

I am going to call my kids Ctrl, Alt and Delete. Then if they muck up I will just hit them all at once.

He who laughs last probably does not get the joke.

Don't steal. The government hates competition.

Ninety-nine per cent of lawyers give the rest a bad name.

If you smacked a kid in the face with a bottle of Johnson's No More Tears, would it create beautiful irony?

Children in the dark cause accidents, accidents in the dark cause children.

Depression is just anger without enthusiasm.

The noblest of dogs is the hot dog; it feeds the hand that bites it.

Why do we call them buildings when they're finished? Shouldn't they be called Builts?

Always remember that you are unique; just like everyone else.

Light travels faster than sound. That's why some people appear bright until you hear them speak.

An old man goes to the doctor for his yearly physical, his wife tagging along. When the doctor enters the examination room, he tells the old man, "I need a urine sample, a stool sample and a sperm sample. "The old man, being hard of hearing, looks at his wife and yells: "WHAT?" "What did he say? What's he want?" His wife yells back, "He needs your underwear."

Two women were sitting in the doctor's waiting room comparing notes on their various disorders. "I want a baby more than anything in the world," said the first, "But I guess it is impossible." "I used to feel just the same way," said the second. "But then everything changed. That's why I'm here. I'm going to have a baby in three months." "You must tell me what you did." "I went to a faith healer." "But I've tried that. My husband and I went to one for nearly a year and it didn't help a bit." The other woman smiled and whispered, "Try going alone, next time, dearie."

Beautiful???

There was a lawyer and he was just waking up from anesthesia after surgery, and his wife was sitting by his side. His eyes fluttered open and he said, "You're beautiful!" and then he fell asleep again. His wife had never heard him say that so she stayed by his side. A couple minutes later his eyes fluttered open and he said "You're cute!" Well, the wife was dissatisfied because instead of "beautiful" it was "cute." She said "What happened to 'beautiful'?" His reply was "The drugs are wearing off!"
BY ELEGBEDE DON, 400L MBBS

While attending a convention, three psychiatrists take a walk. "People are always coming to us with their guilt and fears," one says, "but we have no one to go to with our own problems." "Since we're all professionals," another suggests, "why don't we hear each other out right now?" They agreed this is a good idea. The first psychiatrist confesses, "I'm a compulsive shopper and deeply in debt, so I usually overbill my patients as often as I can. "The second admits, "I have a drug problem that's out of control, and I frequently pressure my patients into buying illegal drugs for me." The third psychiatrist says, "I know it's wrong, but no matter how hard I try, I just can't keep a secret."

A woman goes to her doctor complaining that she is exhausted all the time. After the diagnostic tests showed nothing, the doctor gets around to asking her how often she has intercourse. "Every Monday, Wednesday, and Saturday," she says. The doctor advises her to cut out Wednesday. "I can't," says the woman. "That's the only night I'm home with my husband." Tunji Ogunnubi, 400L.



FOP male, Akinkuotu Raymond receiving his award



Odunayo Familoni, FOP female with her friend



Edem receiving the Effic award



300L students catching fun



Mime artistes on stage



nnenna and prestige, prestige being appreciated



Guys? Make-up?



Funny hun



Awards continua



Janet appreciated

MEET THE EXECUTIVES



1 It's been such a *comparable to no other* experience. Coming on board with some knowledge about the difficulties in the UIMSAs political terrain got me thinking at first, but with the manner of people I worked with especially the president who was so supportive, I couldn't have asked for anything better!
Olajide Ibitoye
Sports Secretary

2 What a burden, yet, what a privilege. I'm grateful to UIMSAs and TEAM 10.
Oluwatoba Babarinsa
Public Relations Officer

3 Great, a combination of hardwork and fun.
Unyime Bassey
Financial Secretary

4 It's been quite a journey with all its ups and downs. Nothing teaches you human-relations like public office. Shout-out to all my fellow executives.
Funmilayo Abiru
Vice-President

5 A wonderful learning experience
Olusegun Abraham
Special Duties Officer (Clinicals)

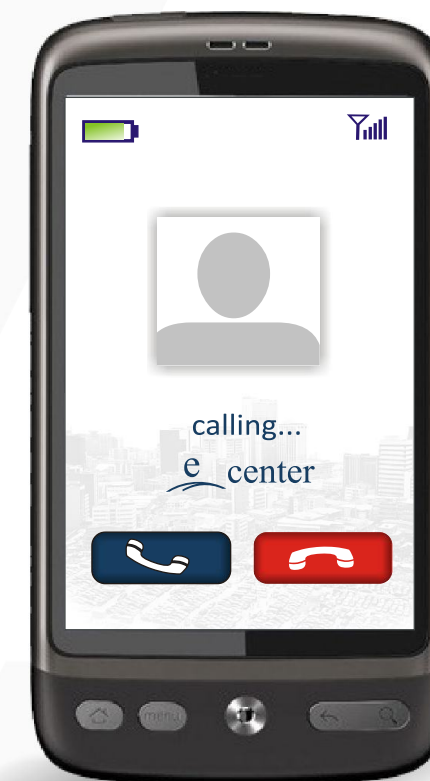
6 Working with the present executives has been amazing. Couldn't have asked for better people to work with. Being in charge of the secretariat has also been an eye opener. It's been an amazing year.
Ugochukwu M. Orji
General Secretary

7 Well, being an executive has been quite challenging but in the end I have no regrets. I'm happy to have worked with great minds as executives especially the president.
Jude Zugu
Special Duties Officer (Pre-Clinicals)

8 Awesome!
Olamide Olabamiji
Treasurer

9 Being a UIMSAs executive is not fun but this keeps me going, *service to humanity is the best work of life.*
Matthew T. Obisesan
Assistant General Secretary

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